

Thinking about quitting smoking? Call the

Try-To-STOP TOBACCO
RESOURCE CENTER OF MASSACHUSETTS

✓ Free Telephone Counseling ✓ Stop smoking materials ✓ Referrals to local quit smoking programs

You can quit smoking. We can help.

Call **1-800-TRY-TO-STOP** or **1-800-879-8678** Visit our website at www.trytostop.org

Sponsored by the Massachusetts Department of Public Health

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Starting July 5th, all Massachusetts indoor workplaces, including restaurants and bars, will be smoke-free.

The new state-wide law eliminates secondhand smoke in the workplace, reducing your risk of cancer, heart attacks and strokes. Please protect the health of all workers by complying with the new smoke-free workplace law.



WORK HARD. BREATHE EASIER.

So work hard and breathe easier.
Because clean air works for everyone.

For more information about the Massachusetts smoke-free law visit www.mass.gov/dph/mtcp or call 1-800-992-1895



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